

## **Personal Wellness Checkup**

**Summer seems to inspire fitness.** We can swim, kayak, play ball, camp or hike in the great outdoors, and focus on fresh, wholesome foods. So if your January health goals have slipped back into old negative habits, now's the time to renew your commitment.

You may be juggling a busy schedule, but don't leave your health priorities behind. Each day, ask yourself, "What am I doing today for my health?" Start with the following questionnaire.

### **Lifestyle Choices with the Best Return**

**YES NO (CIRCLE ONE)**

YES NO I am striving to reach or stay within 10-15 pounds of my healthy weight.

YES NO I accumulate 30-60 minutes of physical activity most days of the week.

YES NO I do strength-training exercises 2-3 times a week.

YES NO I eat at least 2 cups of fruits and 2 <sup>1</sup>/<sub>2</sub> cups of vegetables every day.

YES NO I don't use tobacco, or am seeking help to stop.

YES NO I limit alcohol to 1 drink a day (for women) or 2 a day (for men).

YES NO I follow a schedule for routine screenings with my provider.

YES NO I have a network of friends for mutual support and fun.

YES NO I usually know how to cope with the stress of change or setbacks.

YES NO I usually get 7-8 hours of sleep a day.

YES NO I feel generally positive and hopeful.

YES NO I relax and find quiet time every day.

**Scoring:** 10-12 yes answers – well done! Fewer than 6 yes answers – it's time to think seriously about a lifestyle tune-up. This issue offers you a fresh start with some practical tips on controlling stress, checking in with your health care provider, and eating well this summer.

**Save the questionnaire** and check your responses at the end of the year.

[Cutline]

**Wellness is a lifetime pursuit. Celebrate and respect your efforts along the way.**

## BEST BITS

**Practice pepper power.** Sweet bell peppers add flavor and flair to many cuisines. They also provide (ounce for ounce) twice as much vitamin C as oranges, a good supply of beta-carotene and other carotenoids, potassium and fiber. Brightly colored peppers generally contain more nutrients than green ones, which are less expensive.

Source: "Peter Piper's Pick." *Berkeley Wellness Letter*, 7/07. Vol. 23:10, p. 7.

**Buying drugs online?** Purchase only from state-licensed pharmacies in the U.S. To find out if an online pharmacy is state-licensed, is in good standing, and is in the U.S., check your state board of pharmacy at [www.nabp.info](http://www.nabp.info). The pharmacy should have a licensed pharmacist who can answer your questions, and should require you to provide a valid prescription to obtain medications. **Tip:** Look for a pharmacy that displays the Verified Internet Pharmacy Practice Sites (VIPPS) Seal. Pharmacies that meet state and federal rules are listed at [www.vipps.info](http://www.vipps.info).

Sources:

"Buying Medicines and Medical Products Online." FDA. Accessed 5/15/08 at <http://www.fda.gov/buyonline/>.

Frequently Asked Questions. NABP. Accessed 5/15/08 at <http://www.nabp.net/>.

**A colonoscopy can prevent colon cancer** by locating and removing polyps that could become cancerous in the rectum and colon. Ask your health care provider about this warning system that can be lifesaving.

Source:

(Adapted from TH 10.08.) "Frequently Asked Questions About Colonoscopy and Sigmoidoscopy." ACS, 2/7/08. Accessed 3/10/09 at

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_6x\\_Frequent\\_Questions\\_About\\_Colonoscopy\\_and\\_Sigmoidoscopy.asp](http://www.cancer.org/docroot/CRI/content/CRI_2_6x_Frequent_Questions_About_Colonoscopy_and_Sigmoidoscopy.asp).

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SPECIAL REPORT

## QUIZ

### **Vegetarian Know-How**

**Vegetarian food plans are based mostly on plant foods**, which supply a rich assortment of health-protecting nutrients and fiber. Are you curious about vegetarianism? Test yourself:

**1. A vegetarian diet can supply the essential nutrition most adults need.**

True      False

**2. There are various vegetarian plans, including:**

- a. pescovegetarian**
- b. lactovegetarian**
- c. vegan**
- d. all of the above**

**3. Flexitarianism is a form of vegetarianism that allows occasional consumption of all forms of animal protein.**

True      False

**4. To make sure they get enough protein in meatless diets, vegetarians often eat meals that combine:**

- a. legumes (dried beans and peas) with whole grains or nuts and seeds**
- b. soy products, such as tofu and soymilk**
- c. eggs or dairy products**
- d. any of the above**

**5. Which whole grain is a complete protein source?**

- a. whole wheat**
- b. corn**
- c. quinoa**
- d. none of the above**

**6. A vegetarian food plan is not suitable for growing children.**

True      False

## **ANSWERS**

1. *True* – Even a strict vegetarian diet (without animal protein) can provide adequate nutrition with planning. But some adults have special needs, including pregnant and lactating women, and seniors. If you are in one of these groups, check with your provider – you may need to ensure that your plan supplies adequate extra calories, calcium, iron, protein, vitamin B<sub>12</sub> or zinc.

2. *d* – Vegetarian variations include: *pescovegetarian* – includes fish, eggs and dairy; *lacto-ovovegetarian* – includes dairy and eggs; *lacto-vegetarian* – includes dairy and plant-based foods, but no eggs, fish, meat or poultry; *ovovegetarian* – includes eggs, no dairy; and *vegan* – excludes all animal-based foods, including fish, meat, poultry, milk, eggs and cheese.

3. *True – Flexitarians* – also known as *semivegetarians* – get 20% of their daily calories from small amounts of poultry, fish and lean meat and the remaining 80% from beans, grains, fruit and vegetables.

4. *d* – Some vegetable proteins contain more of certain essential amino acids than others. The key is to combine them or consume a variety of them throughout the day, so that the strengths of one may compensate for the weaknesses of others.

5. *c* – This grain, originating in South America, contains a complete set of essential amino acids. It is also rich in fiber, iron, magnesium, phosphorous and protein. It's also gluten-free.

6. *False* – Children need a well-planned vegetarian diet with enough fat to get the fatty acids and B<sub>12</sub> essential to cellular health. Ask your provider about supplemental nutrients your children may need if their food plan is vegetarian.

**Note:** Because B<sub>12</sub> is found only in animal products, a deficiency can occur with a strictly plant-based diet. You may be able to offset this issue with these B<sub>12</sub> sources: B<sub>12</sub>-fortified soymilk, cereals and meat substitutes.

[Box]

### **Learn what's hot in vegetarian cooking:**

The Vegetarian Resource Group offers recipes, nutrition information, the latest news, and tips for a vegetarian way of life: [www.vrg.org](http://www.vrg.org).

The American Heart Association explains how to meet nutritional needs without eating animal-based foods: [www.americanheart.org/presenter.jhtml?identifier=4777](http://www.americanheart.org/presenter.jhtml?identifier=4777).

The Nemours Foundation provides advice for parents whose children want to eat vegetarian: [kidshealth.org/parent/nutrition\\_fit/nutrition/vegetarianism.html](http://kidshealth.org/parent/nutrition_fit/nutrition/vegetarianism.html).

Sources:

"Vegetarian Diet." NLM/NIH, 12/8/08. Accessed 3/6/09 at <http://www.nlm.nih.gov/medlineplus/vegetariandiet.html>.

"Vegetarian Diets." MyPyramid, 2009. Accessed 3/6/09 at [http://www.mypyramid.gov/tips\\_resources/vegetarian\\_diets\\_print.html](http://www.mypyramid.gov/tips_resources/vegetarian_diets_print.html).

"Vegetarian Diet." Mayo Clinic, 2005. Accessed 3/6/09 at <http://www.mayoclinic.com/health/vegetarian-diet/HQ01596>.

"Vegetarian diet: Will it help me lose weight?" Mayo Clinic, 4/11/07. Accessed 3/6/09 at <http://www.mayoclinic.com/health/vegetarian-diet/AN01580>.

## Beverage Calories Add Up

People often fail to see the impact of beverage calories in controlling weight. U.S. adults get nearly 21% of their daily calories from drinks; most offer little or no nutrition. Experts advise that we limit total daily calories from beverages to 10%.

Think about the drinks you tend to grab on the go – are you keeping liquid calories under control? Here are some ways to lighten up:

**Read beverage labels** – check calories, sugar and serving size. Many beverage containers have more than 1 serving.

**Avoid regular soft drinks**, juices and other beverages high in sugar or high fructose corn syrup.

**Choose small coffee drinks** and replace cream with low-fat or nonfat milk, and try sugar-free syrup.

**When ordering a smoothie, opt for the smaller size** and hold the sugar – fruit is naturally sweet.

**Step away from that fast food milkshake!** Even a small one (12 oz.) can pack more than 300 calories.

**On the light side:** Try flavored sparkling water or seltzer for a refreshing soda alternative. Citrus fruit wedges add a refreshing zing to plain water without adding calories.

More Info:

Healthy Beverage Guidelines: [www.cpc.unc.edu/projects/beverage](http://www.cpc.unc.edu/projects/beverage)

## What's in your DRINK?

**More calories than you may THINK!**

<b>Popular 12-oz Beverages</b>	<b>Calories</b>
Whipped frozen coffee drink (with whipped cream)	290
Fruit punch	192
Energy drink	160
Regular beer	160
Regular lemon-lime soda	148
Regular cola	136
Tonic water	124
Sugar-sweetened tea	120

Coffee latte or cappuccino (with skim milk)	120
Whipped frozen coffee drink, light	110
Light beer	110
Sports drink	99
Unsweetened ice tea	2
Diet soda (with aspartame)	0
Unsweetened carbonated water	0

#### **Popular 8-oz Beverages**

Chocolate whole milk	208
Chocolate 1% milk	158
Whole milk	150
Grape juice	150
Regular cranberry juice	140
Chocolate soymilk	140
2% milk	120
Apple juice	120
Soy milk (plain)	100
Skim milk	80
Light cranberry juice	60
Tea or coffee (with 2 sugar packets)	20

Source: USDA National Nutrient Database for Standard Reference

#### **Sources:**

Popkin, Barry, et al. "The Healthy Beverage Guidelines: a tool to fight obesity." Diabetes Voice, 2009. Accessed on 2/24/09 at [http://www.diabetesvoice.org/files/attachments/article\\_479\\_en.pdf](http://www.diabetesvoice.org/files/attachments/article_479_en.pdf).

"Rethink Your Drink." CDC, 1/27/09. Accessed on 3/3/09 at [http://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html).

Drink To Your Health. Personal Best Healthlines, 7/07:2.

## **Best POOL MOVES**

### **For Arthritis and Other Disorders**

**Aqua fitness, or water exercise**, is one of the most enjoyable, versatile and beneficial exercises in play today. The water's buoyancy and resistance can demand more from muscle than land-based exercises – great for building strength and burning calories.

**A big advantage:** You can adapt aquatic exercise to your own abilities, pace and fitness level.

In addition to lap swimming, check your community pools for group exercise designed for shallow or deep-water aerobics and strength building. If you don't like to dunk your head, consider workouts that involve walking, kicks, jogging, jumping jacks, and lunges.

If you have arthritis, pool exercises are gentle on joints while building muscle and cardiovascular fitness. Review this advice from the Arthritis Foundation:

- Begin exercises slowly; start and finish your routine with easy movements.
- Move slowly and gently without force.
- Stop exercising if you feel any pain. *Tip:* Pain that persists longer than 1-2 hours after exercise may mean overuse.
- Consult your provider before increasing any exercise if your joint damage is severe, you have a joint replacement or you're unaccustomed to exercise.

**Water exercise is ideal** for anyone who is overweight, recovering from an injury, tires easily, or just wants a pleasant workout. The soothing water supports your weight while providing activity that's easy on your body. What's not to like?

Sources:

"Water Exercise." Arthritis Foundation, 2009. Accessed 3/4/09 at <http://www.arthritis.org/water-exercise.php>.

"Warm Water Exercises." UW Orthopaedic and Sports Medicine, 1/6/05. Accessed 3/3/09 at [http://www.orthop.washington.edu/uw/livingwith/tabID\\_3376/ItemID\\_119/PageID\\_212/Articles/Default.aspx](http://www.orthop.washington.edu/uw/livingwith/tabID_3376/ItemID_119/PageID_212/Articles/Default.aspx).

**GOAL LINE** One way to avoid overeating: Slow down and savor the flavor of your food – give your brain about 20 minutes to get the “full” signal.

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BALANCE WORK & FAMILY

## THE VALUE OF GOALS

**Our goals tend to spring from personal core values** that guide our conduct and give our lives purpose. Some common personal goals are maintaining good health, enjoying your work, being financially secure, and finding spiritual and intellectual fulfillment.

Keeping both values and goals aligned will help you gain and maintain a direction that truly suits you. But choosing goals that conflict with your values can be a hard road.

For example, the desire for a luxury car that you can't afford places a value on a goal you may only achieve with difficulty. By choosing the car, you could fail to satisfy more meaningful needs in your life – such as paying down worrisome debt or having family time – when you must work additional hours to pay for the car.

Yet there's nothing wrong in having the dream of acquiring special things as long as you learn to do it without hardship. Keep the dream, and tell yourself, *“Someday I will own that car, here's why it matters to me, and here's how I will do it....”*

[Quote]

Follow your dreams through tangible goals that bring you meaningful results.

## **Make That Goal!**

Write down how you will reach your goals with specific numbers and timelines. For example, if your goal is to advance your career, list the steps that will result in necessary skills improvement.

Identify attainable but challenging actions. Break larger goals into smaller, reachable steps.

Record your actions so you can visually track and enjoy your progress – a confidence builder that reinforces what you're working toward.

[Cutline]

**Always keep the prize in sight, and keep trying.**

Sources:

Don Hofstrand, "Setting Personal, Family and Business Goals for Business Success." Iowa State University. Acc. 3/13/09 at <http://www.extension.iastate.edu/AGDm/wholefarm/html/c6-42.html>

Gene Donohue, "Goal Setting Powerful Written Goals in 7 Steps. Top Achievement, 2007. Acc. 3/14/09 at <http://www.topachievement.com/goalsetting.html>

## **MIND YOUR MENTAL HEALTH**

### **Worked Up Over Stress?**

**Few employees escape stress** in today's fast-paced, changing workplace. How are you coping at work? Take this stress test:

- ☐ I can usually spot what triggers my stress before I get upset or angry.
- ☐ I try to stay flexible and accept that frequent changes at work are normal.
- ☐ I know work relations can't be perfect but I do my part to maintain harmony.
- ☐ I know my energy level and work style, and match them to the task at hand for the best results.
- ☐ I practice good communication by asking questions and listening.
- ☐ I practice tension relief through regular exercise and relaxation.
- ☐ I try to solve problems rather than complain.

If you checked fewer than 3 boxes, try to work on ways to ease those stress-filled days. For example:

- **Take charge of your job.** Knowing what's expected of you can help you feel in control of the situation.
- **Build your skills.** Identify areas where you can learn and grow to improve your work and outlook. You may find that the more confidence you feel, the less stress you feel.



- **Create a workable environment.** Remove clutter, schedule time to respond to email and voice mail, and ask for help if you need it.
- **Take your lunch break.** Relax or walk in the fresh air. *Tip:* Eat high-energy foods such as tuna or turkey sandwich stuffed with veggies between whole-wheat bread.
- **Set aside worry time.** If a situation troubles you, stop dwelling on it and set a time to resolve it later. During your worry session, write down the facts to help put things into perspective and seek solutions.
- **Count to 10.** When something angers you, take a deep breath and give yourself time to defuse before you react (and possibly regret it).
- **Deal with traumatic events.** If you work in a dangerous or especially stressful field, talk with a counselor or other professional to help manage stress. If your company has an employee assistance program, that is a good place to seek answers.

[Cutline]

**You can't hide from job stress, but you can learn to cope with it better.**

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HEALTH CARE

## **Are You Avoiding Your Doctor?**

By Elizabeth Smoots, MD, FAAFP

**As a family physician, I see what happens when people delay doctor visits:** Mild or silent conditions can progress into serious disorders. It's easy to put off scheduling a visit. But putting health first and getting recommended medical care has clear advantages.

**Building a healthy relationship with your provider** is important, especially when you're ill. Instead of seeing a complete stranger, you'll have a provider you know and trust to help you get well.

*Tip:* Choose a provider you respect and feel comfortable with discussing your health concerns.

**Timely medical care gets the best results.** Don't ignore trouble signs in your body. Treating disease is often easier and outcomes are usually better when disease is diagnosed soon after symptoms appear, instead of later, after they advance.

*Tip:* Visit the website below to learn warning signs of serious conditions such as heart disease, stroke, and cancers.

**Routine screening can detect conditions that don't always have immediate symptoms** such as high blood pressure, unhealthy cholesterol, cancer, diabetes, osteoporosis, glaucoma and depression.

*Tip:* Ask your provider to evaluate your risks and design a screening schedule for you.

**Prevention through lifestyle lowers disease risk.** Ask your provider for advice about how to stay healthy with new habits and routine screening.

**More Info:**

MedLine Plus, [www.nlm.nih.gov/medlineplus/healthtopics.html](http://www.nlm.nih.gov/medlineplus/healthtopics.html)

## **Easy Guide to Your Health Care Plan**

**Your health care is a very valuable asset.** But using your plan can get complicated. Follow these guidelines to get the most benefit from your care.

First, read your plan booklet. Before using your benefits, learn about eligibility for the plan, such as hours worked and waiting periods. You must continue to meet eligibility for your benefits to remain in effect.

Next, know if your plan requires that you use in-network providers. These are physicians, hospitals and other providers that contract with your plan to provide services at reduced rates. Your plan may also cover out-of-network services; know the provisions and cost variances.

Identify the plan's covered services for medical care, hospital use and prescription drugs. Then study the limitations and exclusions listed in your booklet.

Know how to access your benefits. Follow your plan's guidelines for provisions such as hospital admission, inpatient surgical procedures, pre-authorization for certain tests and second opinions, and obtaining referrals to specialists.

Know the claims filing procedure. In-network providers will generally file claims for you. They may provide services that are not covered; learn whom to contact if your claims are denied.

Understand your financial obligations. Most plans require that you pay a portion of the services, in the form of deductibles, co-payments or flat fees. Use benefits wisely to save on your out-of-pocket costs.

Work with your primary care provider. Participate in decisions concerning your treatment options, as well as lifestyle habits that can improve your health. Learn the best ways to manage chronic ailments such as asthma, hypertension, arthritis and diabetes.

**More Info:**

Learn more about health plans and providers at the Agency for Healthcare Research and Quality: [www.ahrq.gov/ CONSUMER/insuranceqa/qaglossary.htm](http://www.ahrq.gov/CONSUMER/insuranceqa/qaglossary.htm).

**Sources:**

"Do You Understand Your Health Care Plan?" Personal Best Healthlines, 3/03. Oakstone Publishing, LLC dba Personal Best.

Health Benefits Plan. BlueCross BlueShield of Alabama, 7/08.

**GOAL LINE Short on time for a long workout? Fit multiple mini periods of exercise – a walk, bike ride, or stretches into your day.**

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## SAFETY SOLUTIONS

### Safety Myths To Dismiss

**When it comes to safety risks**, how much of what you think is true is actually myth? Separating fact from fiction helps keep you safe and injury-free. Here are 5 common misconceptions:

**MYTH: My car has air bags, so I don’t need to wear a seat belt.**

*Fact:* Airbags offer additional protection in a crash. But if you’re not wearing your safety belt, you can slip under a deployed airbag. And unlike seat belts, airbags don’t protect you from a rear end collision or rollover. Seat belts also offer protection in cars that do not have passenger-side airbags. *Note:* Airbags can injure children 12 and younger; kids are safest in the back seat.

**MYTH: I don’t need a bicycle helmet – I can use my football helmet.**

*Fact:* Only bike helmets are designed to reduce risk of head injury while biking. Wear your helmet whenever you bike, even if it’s just around the block – kids, too.

**MYTH: If I’m in my car and lightning strikes it, my rubber tires will protect me.**

*Fact:* Rubber tires do not protect you from lightning. According to the Boston Museum of Science, the tires would need to be about a mile thick and solid. However, metal roofs and sides offer protection if you are inside a car – as long as you do not touch the metal. Wearing rubber-soled shoes will not block a lightning strike.

**MYTH: I won’t get a sunburn on a cloudy day – or in the shade.**

*Fact:* Whether in the shade or under overcast skies, put on the sunscreen. Clouds and smog are no match for UV rays, which cause sunburn. Neither is shade – UV rays reflect off of water, sand, snow and concrete.

**MYTH: I should give syrup of ipecac to a child who has ingested poison.**

*Fact:* This is outdated advice – instead, call your local Poison Control Center immediately.

## **Keep Toddlers from Tumbling**

**It's a wobbly world for toddlers** as they learn balance and speed. While you can't always keep them from falling, you can prevent bad injuries or worse with these precautions:

- **Keep your home clutter-free.** Any object on the floor is a tripping hazard.
- **Install toddler gates at the tops and bottoms of stairs;** use mesh gates or ones with slats no more than 2 <sup>3</sup>/<sub>8</sub> inches apart.
- **Use night lights,** especially when your baby has moved into a toddler bed.
- **Move furniture away from windows.** Use window guards; screens are not designed to prevent falls.
- **Keep them away** from or remove furniture and other objects that could be used for climbing.
- **Secure larger items,** such as shelves and entertainment centers, to the wall. Be sure shelves are not top-heavy. Secure objects on shelves so they cannot fall.
- **Shut doors to unsafe rooms** and do not allow children access to balconies or fire escapes.
- **Make sure the base of your child's high chair** is stable.
- **Assess outdoor play areas for safety.** Use areas designated for toddlers and make sure the material underneath jungle gyms is soft and springy.

Sources:

"Toddler Safety – Fall Prevention." Pediatric Health Channel, 2009. Accessed on 2/26/09 at <http://www.pediatrichealthchannel.com/toddler-safety/fall-prevention.shtml>.

"Toddler Safety Tips." Home Safety Council, 2008. Accessed on 3/3/09 at [http://www.homesafetycouncil.org/safety\\_guide/sg\\_toddler\\_w001.aspx](http://www.homesafetycouncil.org/safety_guide/sg_toddler_w001.aspx).

## Healthy Easy Summer Meals

**Too hot to cook?** The higher the temperature climbs, the less energy – and appetite – we seem to have for preparing dinner. Here are some light, no-fuss meal ideas that are easy and sure to please. Try making extra for more quick meals from leftovers.

**SALADS** – Now's the time to experiment with fresh garden greens for a tasty no-cook meal. Choose hefty, dark greens – romaine, spinach, arugula – all packed with vitamins A and C and minerals. Add protein: tuna, salmon, tofu, feta cheese, or sliced walnuts or almonds. Complete it with a low-fat dressing.

**SANDWICHES** – Try different breads and wraps for variety. Put your salad in a pita. Hard boil some eggs for egg salad sandwiches. Don't forget to load your sandwich with fresh vegetables.

**APPETIZERS** – Try hummus and veggies, whole-grain crackers and cheese with cut up fruit, or shrimp cocktail over a bed of greens for easy, light munchies.

**COLD PASTA SALADS** – Toss cooked whole-grain pasta or rice with vegetables and lean protein. *Tip:* Cook pasta in the early morning, when it's cooler. Refrigerate until dinner.

**ADD A FEW FAVORITES** – Baked tortilla chips, fat-free croutons, sunflower seeds, fresh fruit or tomato salsa all add texture and flavor to your meals.

**To get started, try our Healthy Pasta Salad Nicoise. Made with cooked pasta, lots of vegetables and canned tuna, delicious food doesn't get any easier.**

## Firing up the grill?

**Remember to avoid charring your food.** Charring produces *heterocyclic amines* (HCAs), linked to cancer. The highest HCA levels are in meats, fowl and fish that have been grilled, broiled or fried at very hot temperatures. Use a drip pan so food drippings don't reach the heat source where they can burn and produce HCAs. Remove charred parts from food; don't eat them. Bake or roast most of the time. These methods produce lower HCA levels than grilling.

## RECIPE OF THE MONTH

### Pasta Salad Nicoise

- ¼ pound fresh green beans, cut in lengths of 1-2 inches, lightly steamed
- ¼ cup kalamata olives, pitted and halved
- ½ cup red onion, chopped
- ½ cup parsley, minced
- 1 tbsp capers
- 15 grape or cherry tomatoes, halved
- 1 clove garlic, minced
- 2 tbsp olive oil

- 3      tbsp red wine vinegar
- 1      tsp Dijon mustard
- 2      6½-oz cans water-packed tuna, drained and flaked
- 1      pound rotini pasta, cooked

1 Combine first 6 ingredients in a large bowl.

2 Combine garlic, olive oil, vinegar and mustard in a small container with lid and shake well.

3 Pour dressing over vegetables and stir to coat.

4 Fold in tuna and pasta with vegetables. Refrigerate or serve immediately.

**MAKES 8 SERVINGS (about 1 ½ cups each):**

**PER SERVING:**

262 calories | 8.25g protein | 5.2g total fat | .6g saturated fat | .75mg cholesterol  
47g carbs | 2.7g fiber | 101mg sodium

**GOAL LINE Craving nicotine? Keep your mouth busy with hard candies, cut up veggies, a straw, sugarless gum or a flavored toothpick.**

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EXPERT ADVICE

## **Benefits of hypnosis?**

***Hypnosis* is a trance-like state of deep concentration and focus in which the unconscious mind becomes open to ideas and suggestions.** It should be performed by a licensed hypnotherapist or certified provider. However, the hypnotic state isn't effective for everyone, and some people cannot be hypnotized.

Hypnosis has been used in treatments for several conditions including: anxiety, arthritis, childbirth pain, fibromyalgia, headache, irritable bowel syndrome, nausea and vomiting from chemotherapy, panic attacks, phobias, and surgery-induced pain.

While hypnosis is often advertised as a means to stop smoking, scientific studies have not established this as a smoking cessation method. Additional research is needed, according to SmokeFree.gov, a partnership of federal health agencies.

As for losing weight, hypnosis may help when used with exercise and a balanced eating plan, although success is not guaranteed. Don't believe ads promising weight loss with hypnosis alone.

Sources:

"Hypnosis: Another way to manage pain, kick bad habits ." Mayo Clinic, 12/19/07. Accessed 2/27/09 at <http://www.mayoclinic.com/health/hypnosis/SA00084>.

"Weight-loss hypnosis: Does it work?" Mayo Clinic, 6/4/07. Accessed 2/27/09 at <http://www.mayoclinic.com/health/weight-loss-hypnosis/AN01617>.

"Hypnosis." SmokeFree.gov, 2009. Accessed 2/27/09 at <http://www.smokefree.gov/dictionary.html>.

## How to avoid traveler's diarrhea?

**Half of all visitors to developing countries get traveler's diarrhea.** The condition usually appears within 2 weeks after arrival, with sudden attacks of loose watery stools and abdominal cramps, nausea or vomiting. Symptoms often resolve in several days – though not before causing illness or inconvenience.

**To reduce the impact of diarrhea when you travel:**

**Consult your provider.** Get professional advice 4-6 weeks before traveling, especially if you have chronic health problems, are pregnant or nursing, or are bringing small children. Ask about medicine to pack should you get sick. Preventive medication is usually not recommended for healthy people.

**Eat and drink wisely.** Don't use tap water, not even for brushing your teeth. If you drink bottled or canned beverages, make sure the seal is not broken before use. Hot drinks made with boiling water are usually safe. Don't eat raw or undercooked foods or those sold by street vendors.

Source:

"Traveler's diarrhea." *American Family Physician* 71 (2005): 2095-2100.

## QUICK STUDIES

**To avoid catching a cold, you might try vitamin D.** In a study of 19,000 adults and teens, participants with low vitamin D levels were 40% more likely to report having a cold or the flu. This was especially true in those with a history of asthma or chronic obstructive pulmonary disease (COPD) – their risk of colds and flu was 5 times higher if they had low vitamin D levels. The University of Colorado, Denver School of Medicine, Massachusetts General Hospital, and the Children's Hospital, Boston conducted the study.

Source:

"Vitamin D deficiency may increase risk of colds, flu." Massachusetts General Hospital, 2/23/09. Accessed 2/24/09 at [http://www.eurekalert.org/pub\\_releases/2009-02/mgh-vdd021909.php](http://www.eurekalert.org/pub_releases/2009-02/mgh-vdd021909.php).

**Calcium may protect against digestive system cancers, including colorectal cancer.** The National Institutes of Health-AARP Diet and Health Study found that men who

consumed 1,530mg of calcium a day lowered their risk of all digestive cancers by 16%, compared to men who consumed only 526mg. Women who took 1,881mg a day lowered their risk of all digestive cancers by 23%, compared to those who consumed 494mg. Get at least 1,200mg of calcium daily if you're age 50-plus.

Source:

"Calcium associated with lower risk of cancer in women." *JAMA* and *Archives Journals*, 2/23/09.  
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